

What To Expect...

Musculoskeletal (MSK) Health

As you begin your care with our MSK Health Program, an important first step is to ask yourself the following questions:

- What are my goals for treatment?
- What changes am I willing to make in my daily routine to achieve improvements in my wellness?

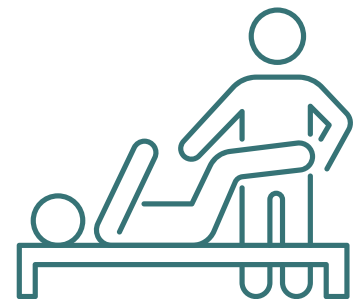
What to expect in your initial appointment:

The Team Care Centre Kinesiologist will ask questions related to your condition and goals for care.

If you have imaging related to your condition, please bring the report with you to your first appointment.

Prepare to answer questions related to your medical history:

- The types of symptoms that you are experiencing
- How and when symptoms started
- If those symptoms are constant or intermittent
- Things that aggravate those symptoms
- Things that improve those symptoms
- The amount and quality of your sleep
- Frequency of meals
- Weight



The Kinesiologist will perform an assessment, which may consist of:

- Assessing how joints are moving
- Manual muscle testing
- Nerve testing related to sensation (dermatomes) and strength (myotomes), and;
- Walking on a treadmill

A clinical impression (provisional diagnosis) will be provided after the assessment and a prognosis of how long and the recommended treatment plan for correcting the issue.

You will be provided with some treatment before you leave your initial appointment. After your assessment, the Kinesiologist will send a progress note to your primary care provider, which will consist of the provisional diagnosis as well as the treatment plan.

Note: Please bring a pair of running/close-toed shoes and wear loose clothing that will not restrict your range of motion. This is required in order to complete a thorough and proper assessment.

What to expect with treatment:

Each follow-up session will be 30 minutes in length and will not exceed more than once per week.

Treatment may include:

- Therapeutic Exercise Prescription: specific exercises will be prescribed which will be done in the clinic, but also will be required of you to complete on your own at home with the tools.
- Manual Therapy using osteopathic techniques and modalities
- Electrical Therapies, which may include:
 - Therapeutic Ultrasound
 - Interferential Current Therapy (IFC)
 - Transcutaneous Electrical Nerve Stimulation (TENS)
- General nutritional counselling
- Education and counselling regarding:
 - Biomechanics – how your body moves and functions
 - Ergonomics – how to work and position your body safely to reduce risk of injury or strain.
 - Exercise Physiology – the processes of what happens in your body as result of exercise.

Therapeutic exercise is the most important part of your treatment. It aims to teach you the skills to understand, identify, and correct the issue on your own.

What else you need to know:

Once Treatment has concluded you will be discharged from the Kinesiologist's care.

There is a 6 month wait from the time of discharge should you need to be referred back to the program by your Primary Care Provider due a new issue or a change in your condition.

Treatment is voluntary and you may end services at any time.

We require at least 24 hours notice to cancel or reschedule an appointment.

If you miss an appointment you will be contacted by phone to confirm your interest in continuing with the program. If we do not hear from you after two attempts to contact you, your file will be closed and a new referral will need to be made by your Primary Care Provider to begin services again.

You will be required to attend regularly scheduled appointments to effectively address your wellness. Two (2) consecutive no show or missed appointments impacting your ability to achieve your care plan may result in your discharge from the program.